2.4 Basic movements

Complete the flow diagram by writing in the basic movements, the joints where
the basic movements take place and the sporting actions that illustrate the basic
movements at the joints. An example has been completed for you, to get you started,
but you could draw or paste in pictures of sporting actions if you would like to.

Revision technique: flow diagrams
It can be much easier to recall information, and most importantly the relationship
between different pieces of information, if they are presented visually. Producing
a flow diagram to summarise a topic is one way of presenting information visually.
Do you like this technique? Does it work for you? 😊 😊 😊